

# Palisades Time Trial Technical Guide

August 28<sup>th</sup>, 2022

This race will be conducted in accordance with the rules and regulations set for by USA Cycling in their [current Rulebook](#). Racer's equipment shall conform to the regulations for 'Time Trial' races as stipulated in Chapter 3, section E of the USA cycling rulebook.

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## Rider Check-In and Start Times

- Start times will be calculated after registration closes at 9PM, August 26<sup>th</sup>.
- Riders are required to check in prior to their race, where they will receive their race numbers.

**Check in will be from 6:30 AM to 9:30 AM.**

## Payout Schedule

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
M 1/2	\$500	\$250	\$100
W 1/2	\$500	\$250	\$100

*For full payout, men and women 1/2 categories must have at least 10 racers per category before 12PM August 25th*

All other categories except Juniors and M/W Category 5:

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
\$100	\$75	\$50

*For full payout, categories must have at least 5 racers per category before 12PM, August 25th.*

Only WSBA members (cyclists who live in Washington, Idaho, Oregon, or Alaska, and have an active WSBA membership) are eligible to win the State Championship. Non-WSBA racers are welcome to attend but will not be awarded the Championship jersey. Cash awards will be awarded regardless of WSBA standing.

This event will be the Washington State Bicycle Association (WSBA) State Championships, at authorized by USA Cycling:

*7J. State Championships 7J1. State Championships are allocated by the Local Associations to race directors based on the criteria that the LA or its administrator shall determine. Local Associations may combine several states into an Association, Regional or District Championship. 7J2. Classes and Categories (a) USA Cycling encourages State Championships to follow the same formats for disciplines and age groups as are used for National Championships. (b) Local Associations may offer State Championships for specific categories or events that would not be offered at a National Championship. (c) Local Associations may offer different combinations of classes and categories than would be found at a National Championship. However, women are not eligible for medals in men's events. 7J3. Eligibility (a) To be eligible for a State Championship jersey or medal, a rider must hold a current USA Cycling annual license and reside in the state as shown on his license. (b) State Championships are open to US Citizens and permanent residents (green card) with a USA Cycling annual license. (c) Members of UCI road teams are not eligible road championships unless there is a separate class for them. (d) At the option of the Administrators, State Championships may include riders who are ineligible for the championship but championship medals will be awarded only to riders who are eligible. (e) When a local association comprises more than one state, all riders in the local association are eligible for at least one State Championship, depending on which states offer them. Any questions regarding residency will be determined by USA Cycling.*

## Race Course

The race course is located along the Palisades road, heading east from its [intersection with Highway 28](#). The course is a 20k out and back with approximately 400 feet of elevation gain on the outbound portion, punctuated by a couple kicker climbs. The course basically follows this Strava segment:

<https://www.strava.com/segments/26458503>

Parking for warm up will be on the siding roads on the east side of the highway at the intersection of Highway 28 and Palisades Road (A-frame signs will indicate parking/warm-up area):



## Entry Fees:

*Category 5 Racers (Men and Women), and all Junior divisions race for free.*

- \$50 entry fee for all other categories until August 21 @ 9 PM
- \$65 entry fee for all other categories until August 26 @ 9 PM

## Categories Racing:

<b>Category</b>	<b>Distance</b>
<b>Mens 1/2</b>	40 kilometers
<b>Women 1/2</b>	40 kilometers
<b>Men 3</b>	40 kilometers
<b>Women 3</b>	40 kilometers
<b>Men 4</b>	40 kilometers
<b>Women 4</b>	40 kilometers
<b>Men 5</b>	40 kilometers
<b>Women 5</b>	40 kilometers
<b>Men 40+ 1/2/3</b>	40 kilometers
<b>Women 40+ 1/2/3</b>	40 kilometers
<b>Men 40+ 4/5</b>	40 kilometers
<b>Women 40+ 4/5</b>	40 kilometers
<b>Men 50+ Open</b>	40 kilometers
<b>Women 50+ Open</b>	40 kilometers
<b>Men 60+ Open</b>	40 kilometers
<b>Women 60+ Open</b>	40 kilometers
<b>Men 70+ Open</b>	40 kilometers
<b>Junior A (17-18)</b>	40 kilometers
<b>Junior B (15-16)</b>	40 kilometers
<b>Junior C (13-14)</b>	20 kilometers
<b>Junior D (9-12)</b>	20 kilometers

## Start Times:

- Pre-registered racers will receive their start time the day before the race, after registration closes on 8/26.
- First racers will start at 7 AM
- Racers will be spaced with 1 minute intervals
- Categories will be spaced 5 minutes

Categories will start in the following order:

1. Junior D
2. Junior C
3. Junior B
4. Junior A
5. Men 70+ Open
6. Women 60+ Open
7. Men 60+ Open
8. Women 50+ Open
9. Men 50+ Open
10. Women 40+ 4/5
11. Men 40+ 4/5
12. Women 40+ 1/2/3
13. Men 40+ 1/2/3
14. Women 5
15. Men 5
16. Women 4
17. Men 4
18. Women 3
19. Men 3
20. Women ½
21. Men 1/2

## Race Numbers

Race numbers will be provided by the race and handed out at pre-race check-in.

All racers are required to wear their number of their **right side**, as pictured below. Numbers should be positioned between the rider's shoulder and hip, clearly visible from the side as shown below:



- Helpful tips on how to pin your number on: <https://www.trainerroad.com/blog/what-every-racer-should-know-about-number-pinning/>